

# Answers for Aging

September 2015

## Special points of interest:

- Remembering Gayle and welcoming Rene
- Medicare Preventative Services
- Medical IDs
- Sister's Day

### **Rene Breland chosen as TARCOG Area Agency on Aging Director**

Rene Breland has just been selected to take the position of Director of Aging Programs at TARCOG. Rene has been with TARCOG in both the Ombudsman and Medicaid Waiver programs, and has also worked with different Aging programs in the Birmingham region, so she brings a lot of direct experience to the position. She said she is looking forward to working with all the Aging programs in this expanded capacity, and getting out in the region to meet with different organizations.



**In memory of Gayle Nelson, who served in the capacity of Aging Director at TARCOG until her passing on June 2, 2015. She remains in our hearts as a true servant and activist for senior needs.**



## Medicare Preventive Services

Medicare covers many preventive services to help you stay healthy. Preventive services include exams, shots, lab tests, and screenings. They also include counseling and education to help you take care of your own health. Talk with your health care provider about which of these services are right for you.

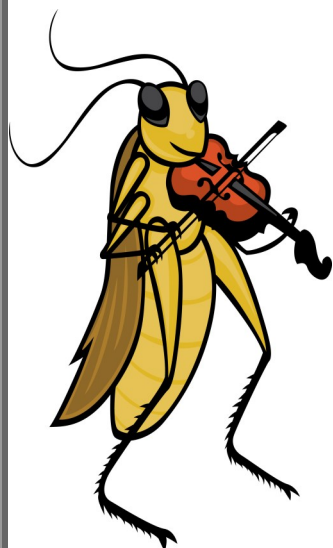
If you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized plan to prevent disease or disability based on your current health and risk factors. This visit is covered once every 12 months. However, if your doctor or health care provider performs additional tests or services during the same visit that aren't covered under this preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply.

When you are at your health care provider, and you are advised to have exams, tests, screening, etc., please ask questions. The following questions are recommended:

- Are these tests necessary?
- Will this be covered under Medicare?
- Will my supplement cover the test?

If you think of other questions later, write them down and call the health provider back. It is also wise to develop the habit of reviewing all of your Medicare summary letters that you receive in the mail.

*"If you have any questions concerning your Medicare, contact Jennifer W. Reece, Limestone County SHIP Coordinator, at (256) 233-6412."*



"September's Baccalaureate a combination is  
of Crickets—Crows—and Retrospect  
And a dissembling Breeze  
That hints without assuming—  
An innuendo sear  
That makes the Heart put up its Fun  
And turn Philosopher."

...Emily Dickenson



## The Importance of Medical ID's

Many people with chronic health conditions need to wear a medical ID to alert those who might try to help them in case of a medical emergency. Health professionals suggest that those who have the following might profit from wearing a medical ID:

- Food or Drug Allergies
- Dialysis
- Alzheimer's/Dementia
- COPD or Lung Disease
- Seizures
- Heart Disease and those with a pacemaker
- Asthma
- Blood thinners (Coumadin , Warfarin) or blood disorders
- Hypertension
- Diabetes
- Stroke Risk

Your medical ID provides for a quick recognition of your medical conditions, allergies, medications, or treatment wishes; this leads to faster and more effective medical treatments, and your ID speaks for you in the event of an emergency if you become unresponsive.

Medical ID “jewelry” (bracelets, necklaces or tags) reduce treatment errors which could result from the responder not having a patient's health record during an emergency situation. First responders and medical personnel are trained to first look for medical identification jewelry in an emergency. Medical ID's will immediately alert emergency medical professionals to one's critical health and personal information.



*A medical ID can  
save your life and/  
or the lives of  
those you love.*

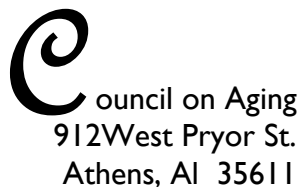
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## September is Ovarian Cancer Awareness Month

**Ovarian cancer is a growth of malignant cells that begins in the ovaries and is more likely to occur as women get older.** One-half of all ovarian cancers are found in women 63 years of age or older. Some symptoms that may indicate ovarian cancer are as follows: ongoing abdominal (belly) swelling, digestive problems (including gas, loss of appetite, and bloating), feeling like you need to urinate all the time, pelvic pain, back pain, and leg pain.

A pelvic exam should be part of a woman's regular health exam. Women, talk to a health professional about your risk for ovarian cancer and whether there are tests that may be right for you.





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## NUTRITION CENTERS

Athens...(256) 233-6412  
East Limestone...(256) 230-2829  
Elkmont...(256) 732-4777  
Owens...(256)-230-2753  
Tanner...(256)-230-6400

## ACTIVITY CENTERS

Ardmore...(256) 423-2099  
Goodsprings...(256) 232-0813

Come join us at any of our centers. They provide opportunities for socialization, education, recreation, and the nutrition centers serve noon meals Monday through Friday. Call the center nearest you for information about various activities and programs.

The Limestone County Council on Aging's program utilizes available resources to empower older adults to enhance independence, personal satisfaction, vitality and the ability to enrich the quality of life for themselves and others. Working closely with TARCOG, the Area Agency on Aging, and various local agencies, COA provides information, referrals, and services for the elderly (age 60 and older) which include the following:

Transportation  
Nutrition Centers  
Meals-on-Wheels  
In-home services

SHIP/Medicare Part D  
SeniorX program  
Legal assistance  
Volunteer Opportunities

Services under the Older Americans Act are provided without charge, regardless of income. Participants are encouraged to contribute according to their means. All contributions are used to continue the programs.

## Upcoming

**Open Enrollment is approaching. Mark your September calendars— Council on Aging will begin taking appointments for Part D counsel-**

**ing in September. Call (256) 233-6412 to set an appointment. Open enrollment begins October 15th and closes December 7th.**

